THE HEALTHY COOK

CHEF NANCY RUSSMAN JEFFERSON COMMUNITY AND TECHNICAL COLLEGE



Fresh Tomato Salsa and Chicken Wrap

Tomato Salsa

Ingredients	Amount
Tomatoes, diced	4 large (8 Roma)
Green pepper, diced	1 pepper
Red onion, diced	½ small
Jalapeno, diced	1 - 2 each
Cilantro, chopped	½ - 1 bunch
Lime juice	1 lime

Method:

- $\bullet\,$ Put all diced ingredients and lime juice together and refrigerate until ready to serve \mathbf{OR}
- Put 1 diced tomato, diced red onion, diced jalapeno, chopped cilantro in food processor and process until there are small bits, place into a bowl.
- Add other diced ingredients, and lime juice, refrigerate until ready to serve.

Wrap

Ingredients	Amount
Flour tortilla, 8" or 10"	1 per sandwich
Chicken, cooked diced	1/3 cup
Salsa	½ cup
Mozzarella, grated	1/4 cup

Method:

· Place all ingredients in flour tortilla, roll up and enjoy!

